



USA GYMNASTICS[®]

Sanctioned Event



Xcel Meet Formats

Traditional - Either one competition gym OR a warm-up and a competition gym. Warm up all four events in the warm-up gym or in the competition gym, then compete all four events. 30-second touch is required.

Modified Traditional - One set of equipment in the competition gym. No warm-up gym. Timed warm-ups immediately precede competition on that event. NO 30-second touch.

Non-Traditional (Capitol Cup) - 2 gyms - one warm-up and one competition. Timed warm-ups immediately precede competition on that event. 30-second touch is required.

Modified Non-Traditional (Modified Capitol Cup) - 2 sets of equipment in the competition gym. Flight 1 compete on one set, Flight 2 squads compete on the other. Timed warm-ups immediately precede competition on that event. NO 30-second touch.

Level	Max Timed Warm-up per athlete	Touch Warm-up (if allowed) per athlete	Number of Allowable Vaults per athlete in Touch	Max Competition Beam Time	Max Competition Floor Time
Bronze	30 sec.	30 sec.	min. of 1	45 sec.	45 sec.
Silver	45 sec.	30 sec.	min. of 1	50 sec.	1 min.
Gold	1 min.	30 sec.	min. of 2	1 min.	1 min.
Platinum	1.5 min.	30 sec.	min. of 2	1:15	1:30
Diamond	2 min.	30 sec.	min. of 3	1:15	1:30

1. Each gymnast is allowed to stand on the vault table and jump (or salto) off ONE TIME ONLY in addition to their specific number of allowable vaults.
2. After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.
3. Bar settings are not included in the warm-up time, however, if a club or group of athletes choose to block the time, the clock will NOT stop for changes to the bar setting.
4. The setting of the bars is not included in the touch warm-up time.